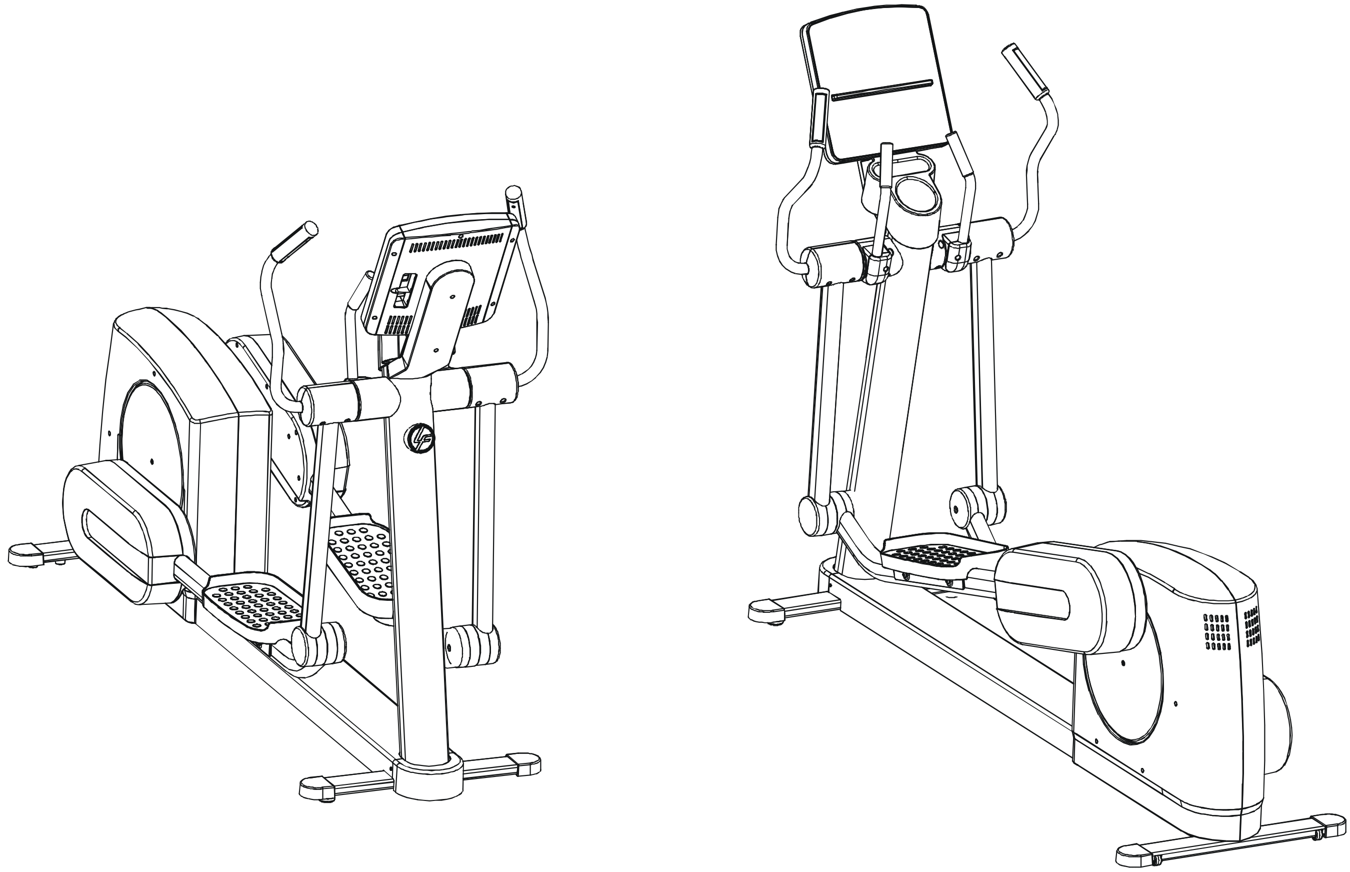
Life Fitness

ARCTIC SILVER CROSS-TRAINER 90X-0XXX-02



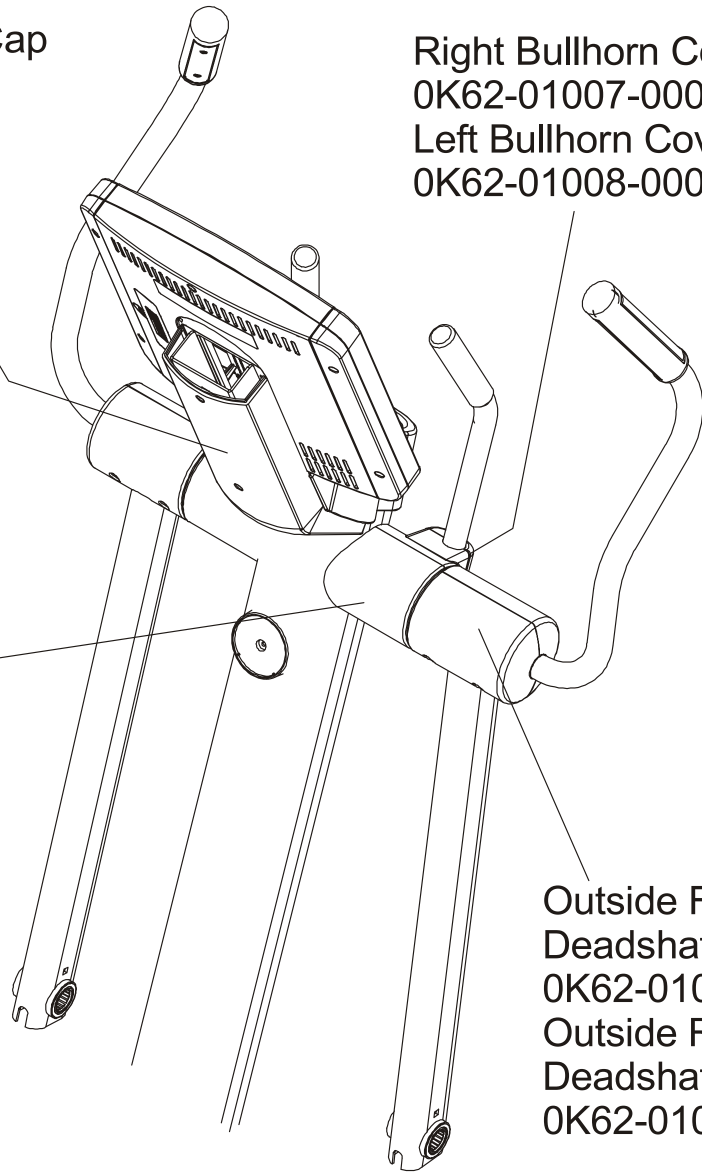
Customer Support Services

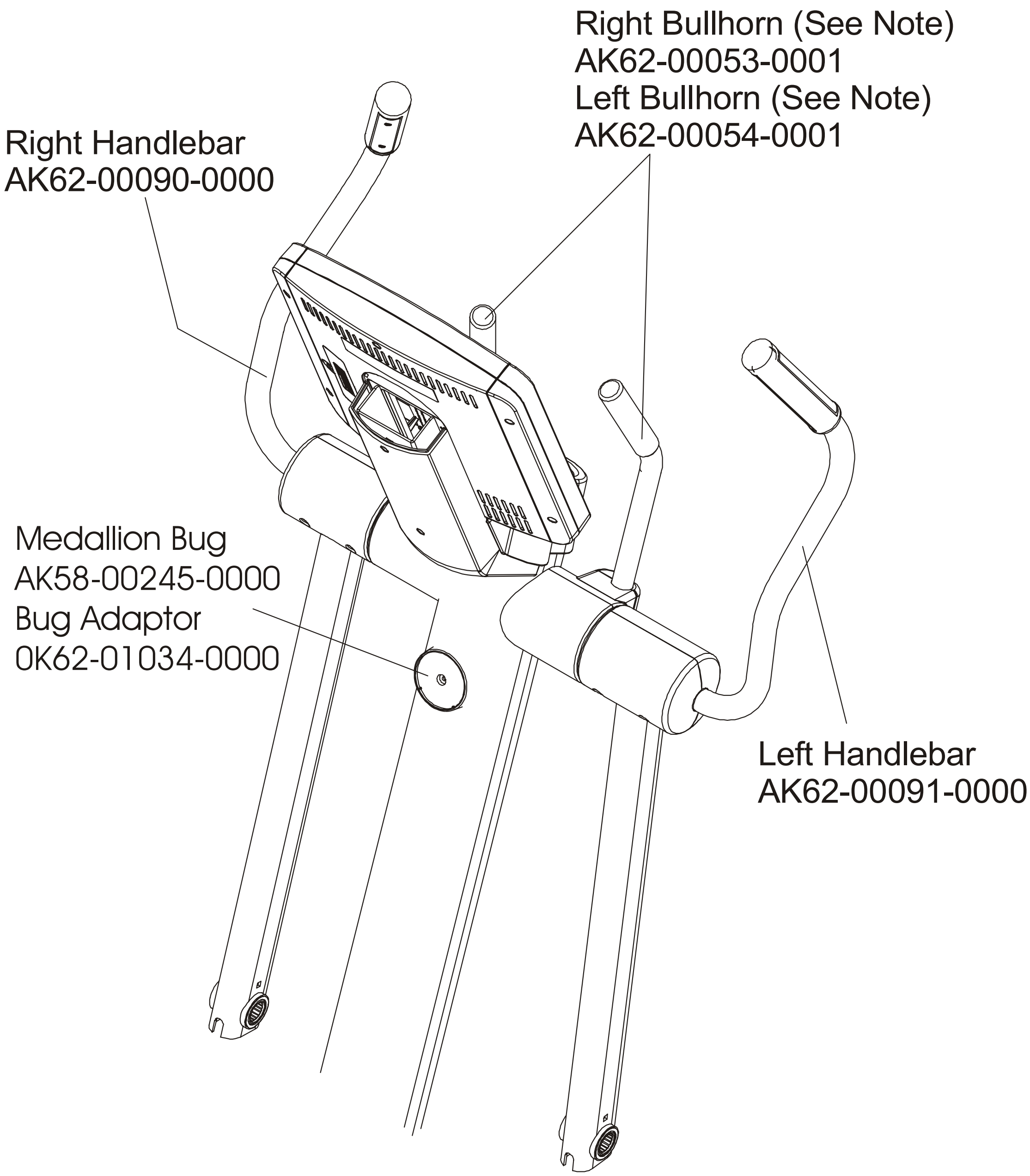
PARTS MANUAL

rev. 21 MAR 2007

OPERATION MANUAL	M051-00K62-A026
SERVICE MANUAL	M051-00K62-A060
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	 0017-00008-0204 0017-00008-0205 0017-00008-0206
OPTIONAL TELEMETRY KIT	GK47-00002-0003
CRANKSHAFT W/BEARINGS KIT	GK62-00002-0028
HARDWARE BAG	AK62-00152-0001
PLUG IN OPTION KIT – 120/60	GK62-00002-0018
PLUG IN OPTION KIT – 240/50 UK	GK62-00002-0019
PLUG IN OPTION KIT – 240v AUS	GK62-00002-0020
PLUG IN OPTION KIT – 230/50 CONT	GK62-00002-0021

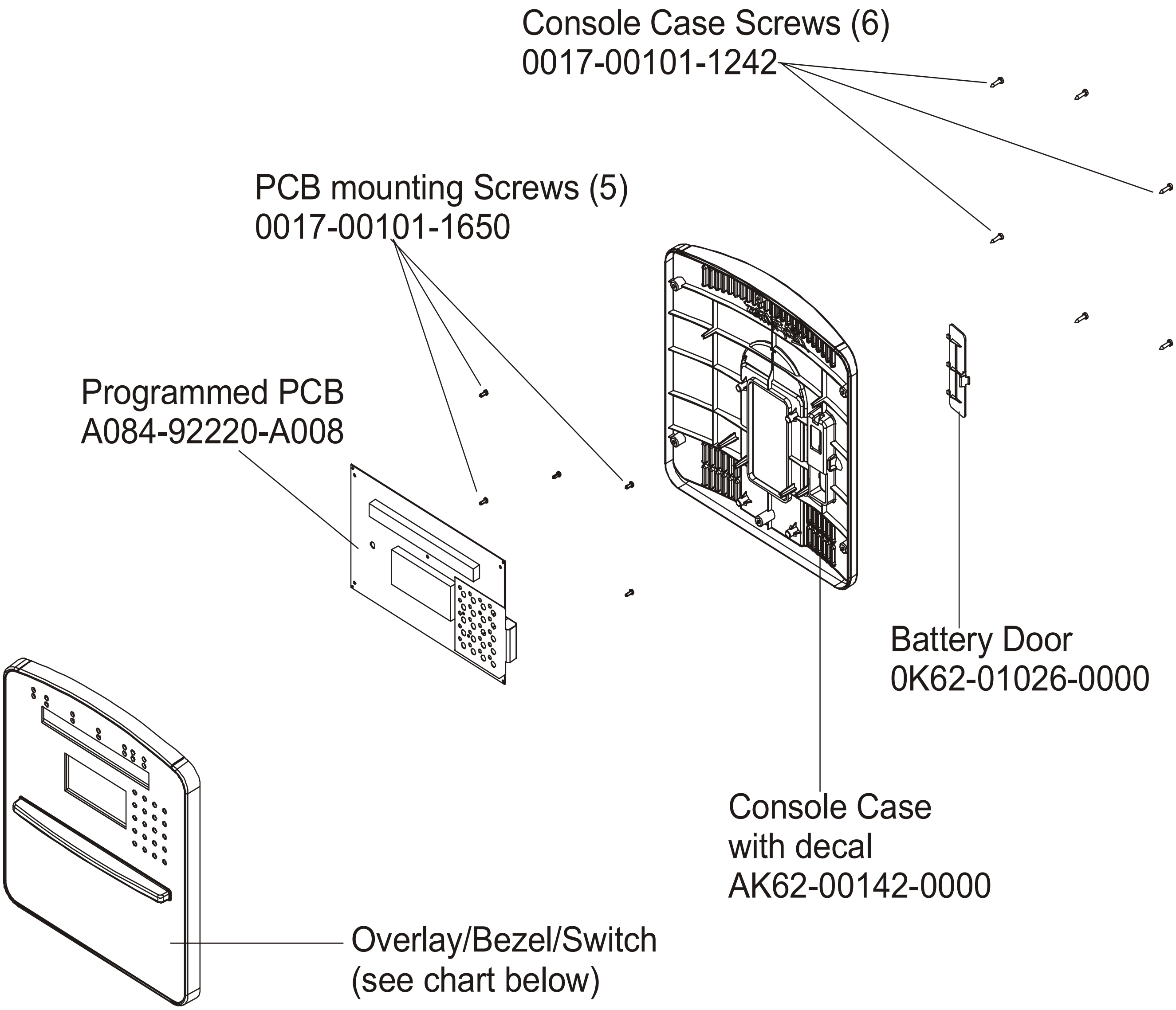
Note: Telemetry is an option on the 90X.


Console Support
AK62-00123-0000
Console Support Cap
0K62-01030-0000
Console Support
Shroud
0K62-01023-0000
Right Bullhorn Cover
0K62-01007-0001
Left Bullhorn Cover
0K62-01008-0001
Right Inside
Deadshaft Cover
0K62-01010-0000
Left Inside
Deadshaft Cover
0K62-01011-0000
2-Front Inside
Deadshaft Cover
0K62-01009-0000
Outside Front
Deadshaft Cover (2)
0K62-01013-0000
Outside Rear
Deadshaft Cover (2)
0K62-01012-0000



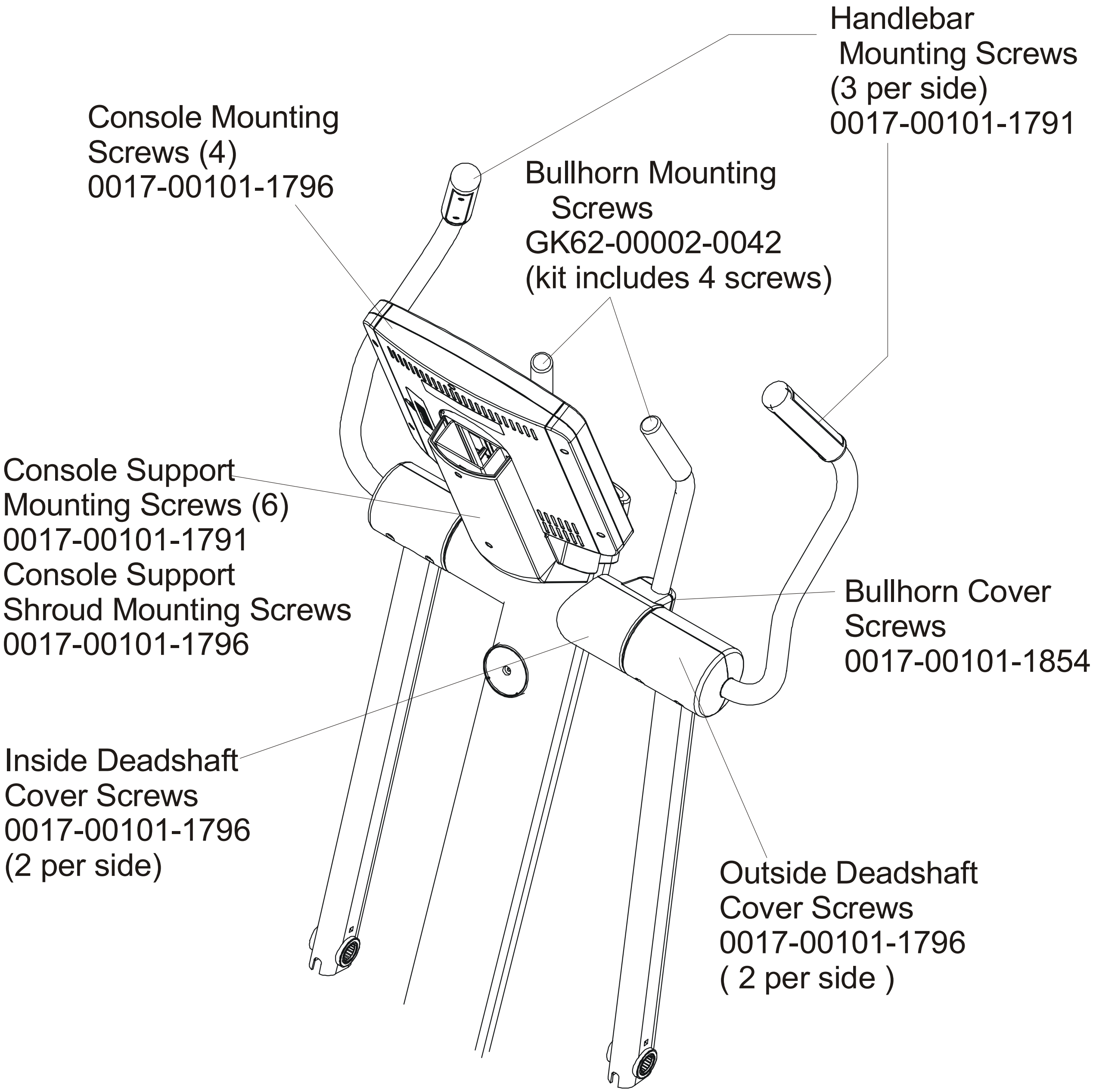
NOTE: The Right Bullhorn Assembly consists of: AK62-00057-0001 Bullhorn, 0K62-01136-0000 Grip, and 0K62-01199-0000 Gasket.

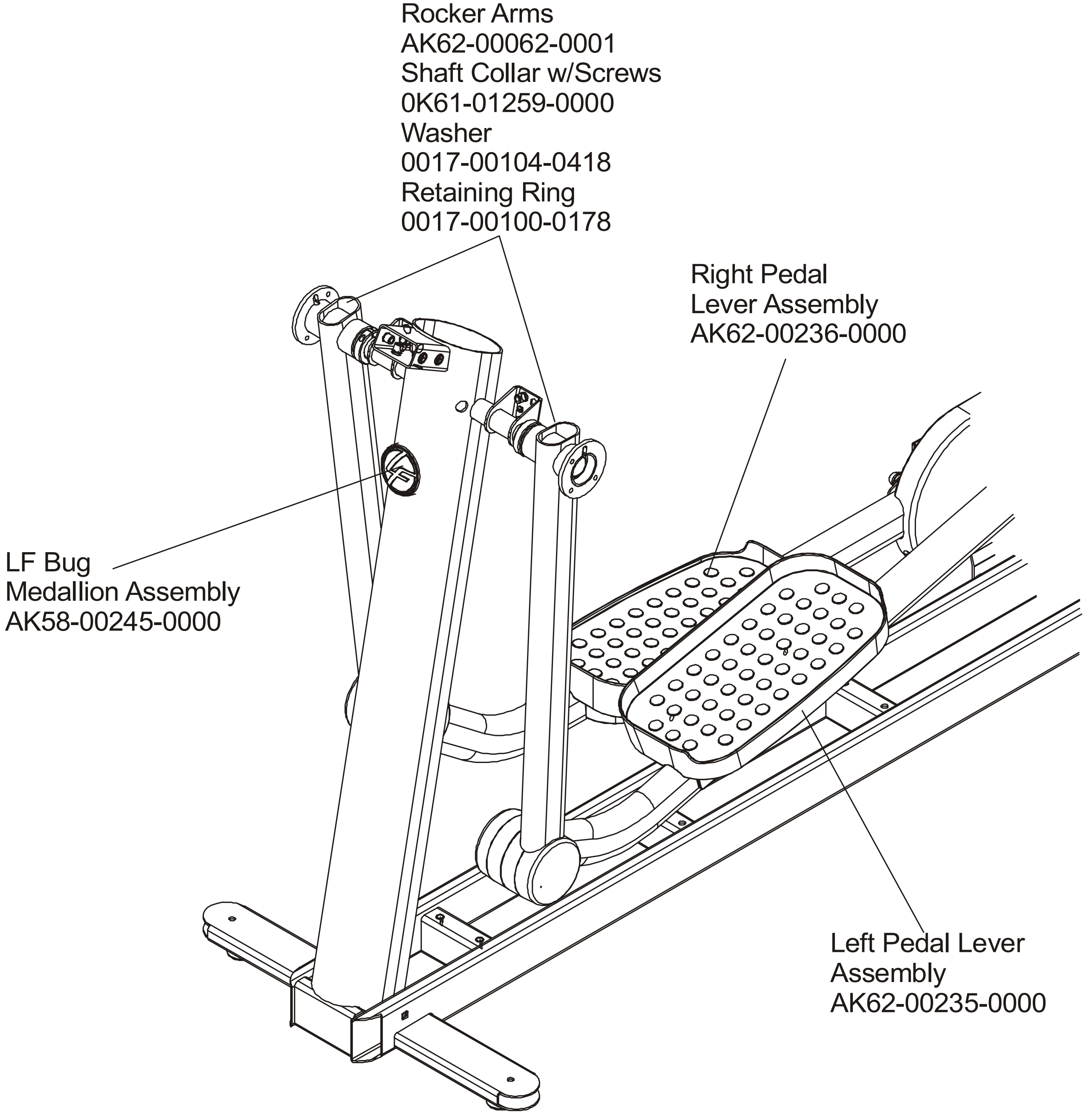
NOTE: The Left Bullhorn Assembly consists of: AK62-00058-0001 Bullhorn, 0K62-01136-0000 Grip and 0K62-01199-0000 Gasket

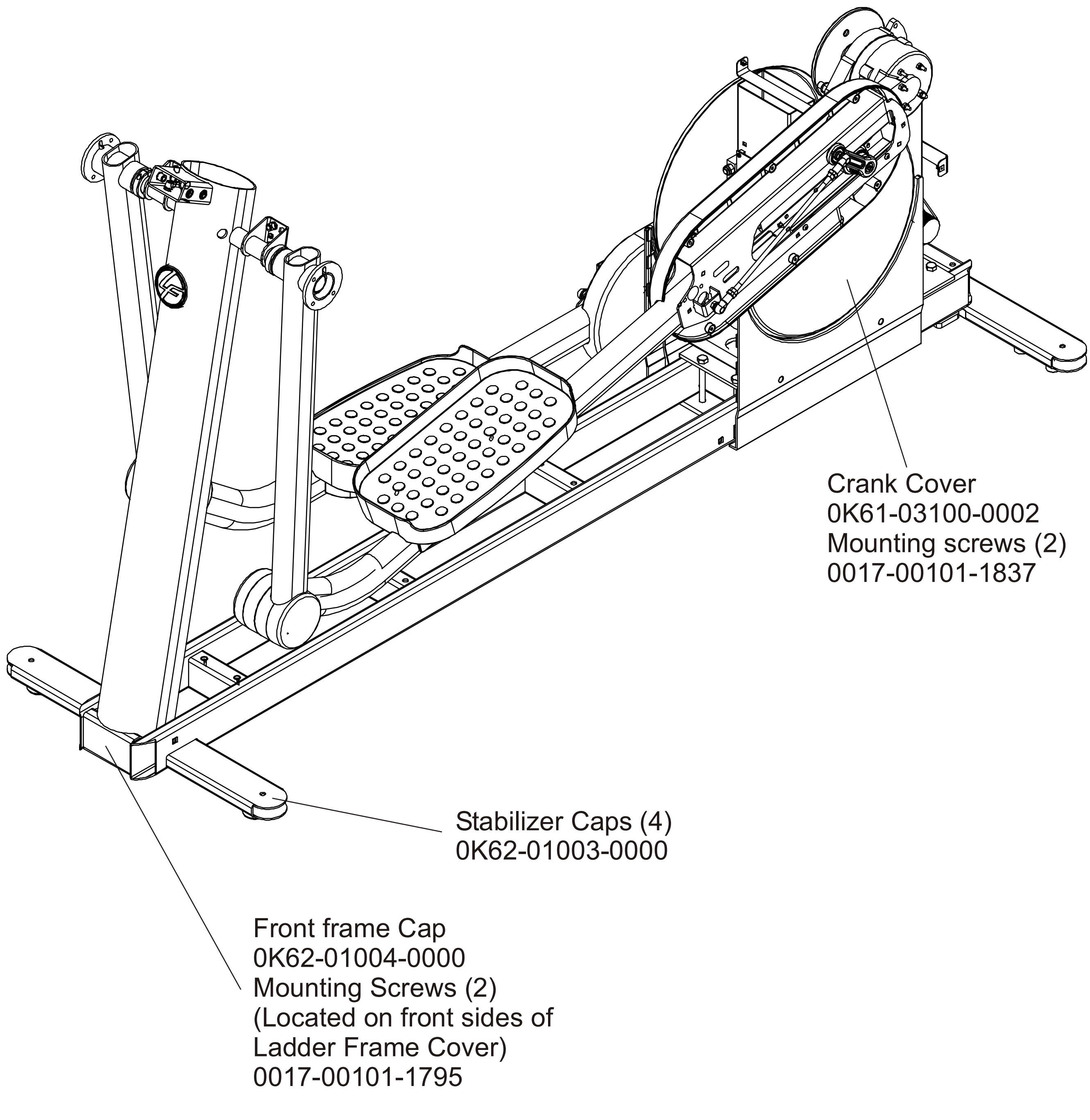


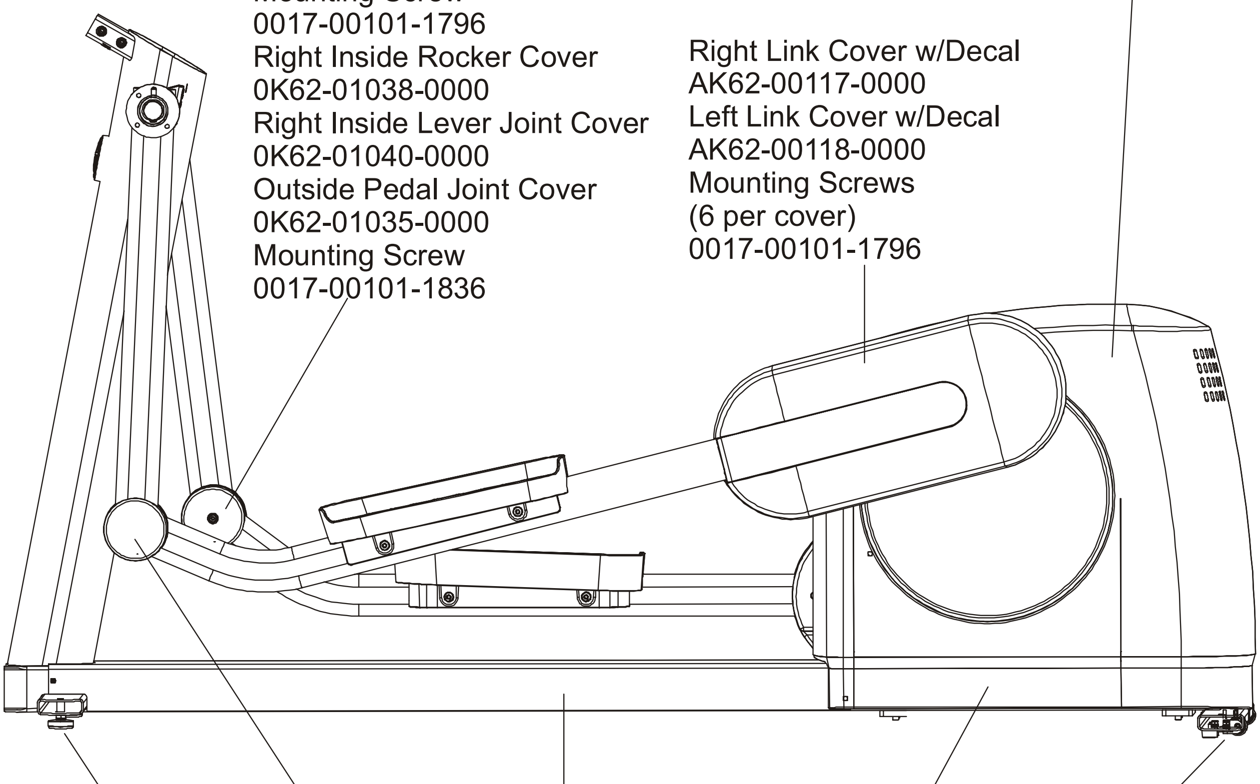
CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00151-0001	AK62-00189-0001	Eng/Eng
AK62-00151-0002	AK62-00189-0001	Eng/Met
AK62-00151-0003	AK62-00189-0003	Ger/Met
AK62-00151-0004	AK62-00189-0004	Spn/Met
AK62-00151-0006	AK62-00189-0006	Jap/Met
AK62-00151-0007	AK62-00189-0007	Frn/Met
AK62-00151-0008	AK62-00189-0008	Ital/Met
AK62-00151-0009	AK62-*00189*-0009	Dut/Met
AK62-00151-0010	AK62-00189-0010	Port/Met

Items Not Shown	
Accessory Tray	0K62-01022-0000
Accessory Tray Mounting Screws (2)	0017-00101-1846




Rocker Arms
AK62-00062-0001
Shaft Collar w/Screws
0K61-01259-0000
Washer
0017-00104-0418
Retaining Ring
0017-00100-0178
Right Pedal
Lever Assembly
AK62-00236-0000
LF Bug
Medallion Assembly
AK58-00245-0000
Left Pedal Lever
Assembly
AK62-00235-0000


Crank Cover
0K61-03100-0002
Mounting screws (2)
0017-00101-1837
Stabilizer Caps (4)
0K62-01003-0000
Front frame Cap
0K62-01004-0000
Mounting Screws (2)
(Located on front sides of
Ladder Frame Cover)
0017-00101-1795


Rocker Cover Kit
(includes clip & screw)
GK62-00002-0066
Mounting Screw
0017-00101-1796
Right Inside Rocker Cover
0K62-01038-0000
Right Inside Lever Joint Cover
0K62-01040-0000
Outside Pedal Joint Cover
0K62-01035-0000
Mounting Screw
0017-00101-1836
Rear Shroud Assembly
AK62-00223-0000
Mounting Screws (4)
0017-00101-1796
Right Link Cover w/Decal
AK62-00117-0000
Left Link Cover w/Decal
AK62-00118-0000
Mounting Screws
(6 per cover)
0017-00101-1796
Leg Levelers
AK62-00124-0000
Ladder Frame Cover w/Decal
AK62-00106-0001
Mounting Screws (4)
0017-00101-1795
Wheel/Bracket Assy.
AK62-00102-0000
Mounting Screws
(3 per assembly)
0017-00101-1789
Shroud Panel
0K62-01002-0003
Mounting Screws (4)
0017-00101-1795
Rocker Cover Kit
(includes clip & screw)
GK62-00002-0066
Mounting screw
0017-00101-1796
Left Inside Rocker Cover
0K62-01037-0000
Left Inside Lever Joint Cover
0K62-01039-0000
Outside Pedal Joint Cover
0K62-01035-0000
Mounting Screw
0017-00101-1836

Tie Rod Extension
Assembly
AK62-00234-0000
or
Link Hardware Kit
GK62-00002-0015
(see Service
Bulletin CT05111101R)

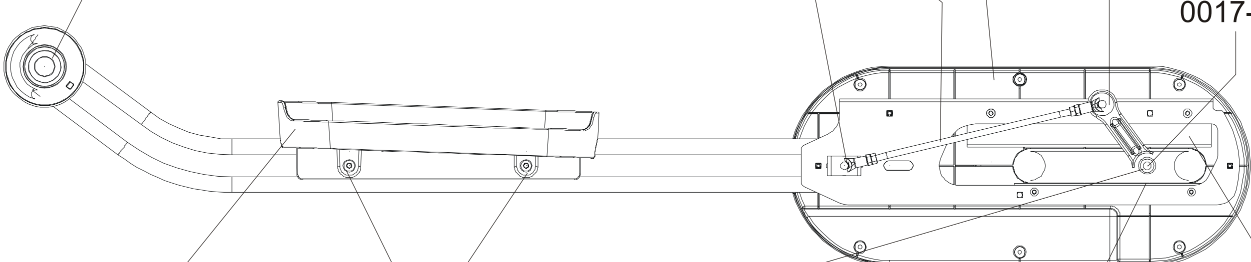
Right Inside Pedal Cover
0K62-01015-0000
Left Inside Pedal Cover
0K62-01016-0000
Mounting screws (5)
0017-00101-1796

E-Ring
0017-00100-0107
Thrust Washer
0K47-01105-0000
Brass Washer
0K47-01104-0000
Pedal/Rocker Shaft & Bearings
Order Kit GK62-00002-0001

Link Sleeve Kit
GK62-00002-0022
Washer
0017-00104-0164
Nut
0017-00103-0338

Hex nut
0017-00103-0333

Crank Extension
Mounting Bolt
0017-00101-1806



Left Pedal
0K62-01005-0000
Right Pedal
0K62-01006-0000

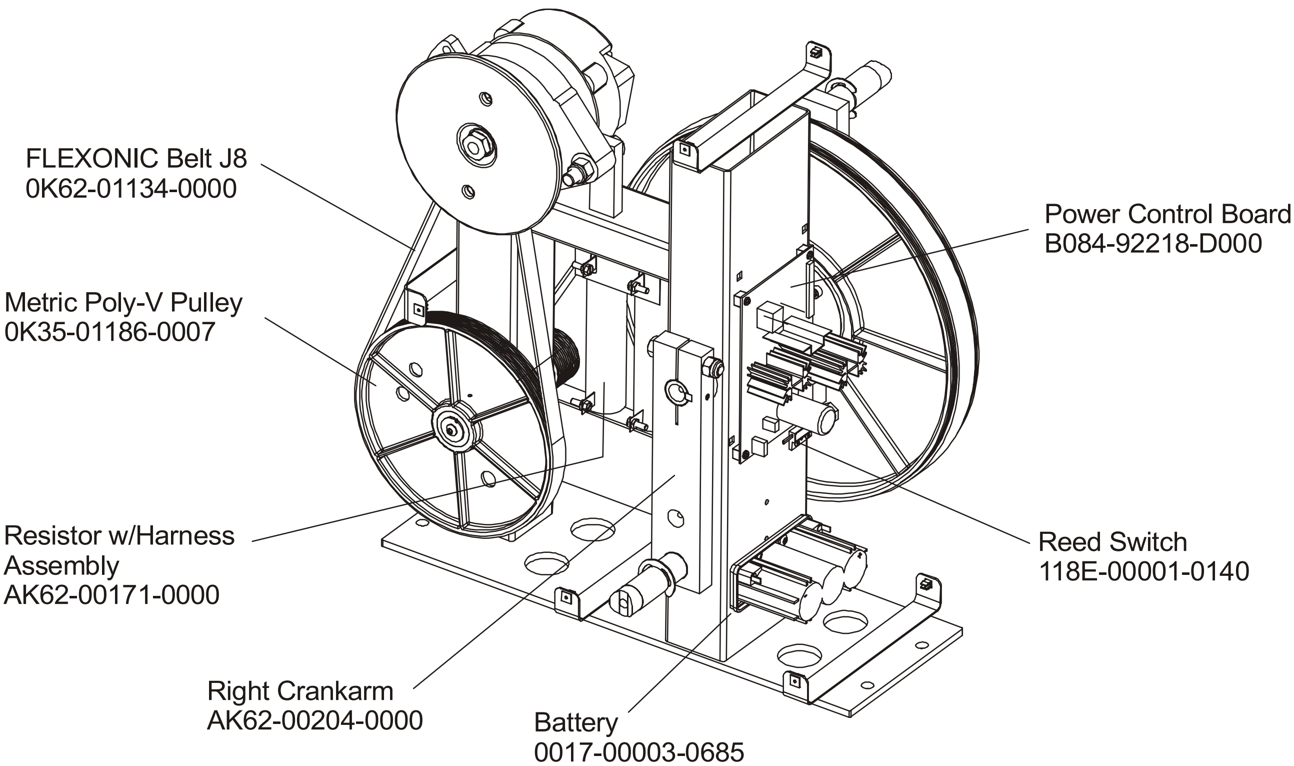
Pedal Mounting
Hardware Screws (4)
0017-00101-1805
Washer (4)
0017-00104-0469

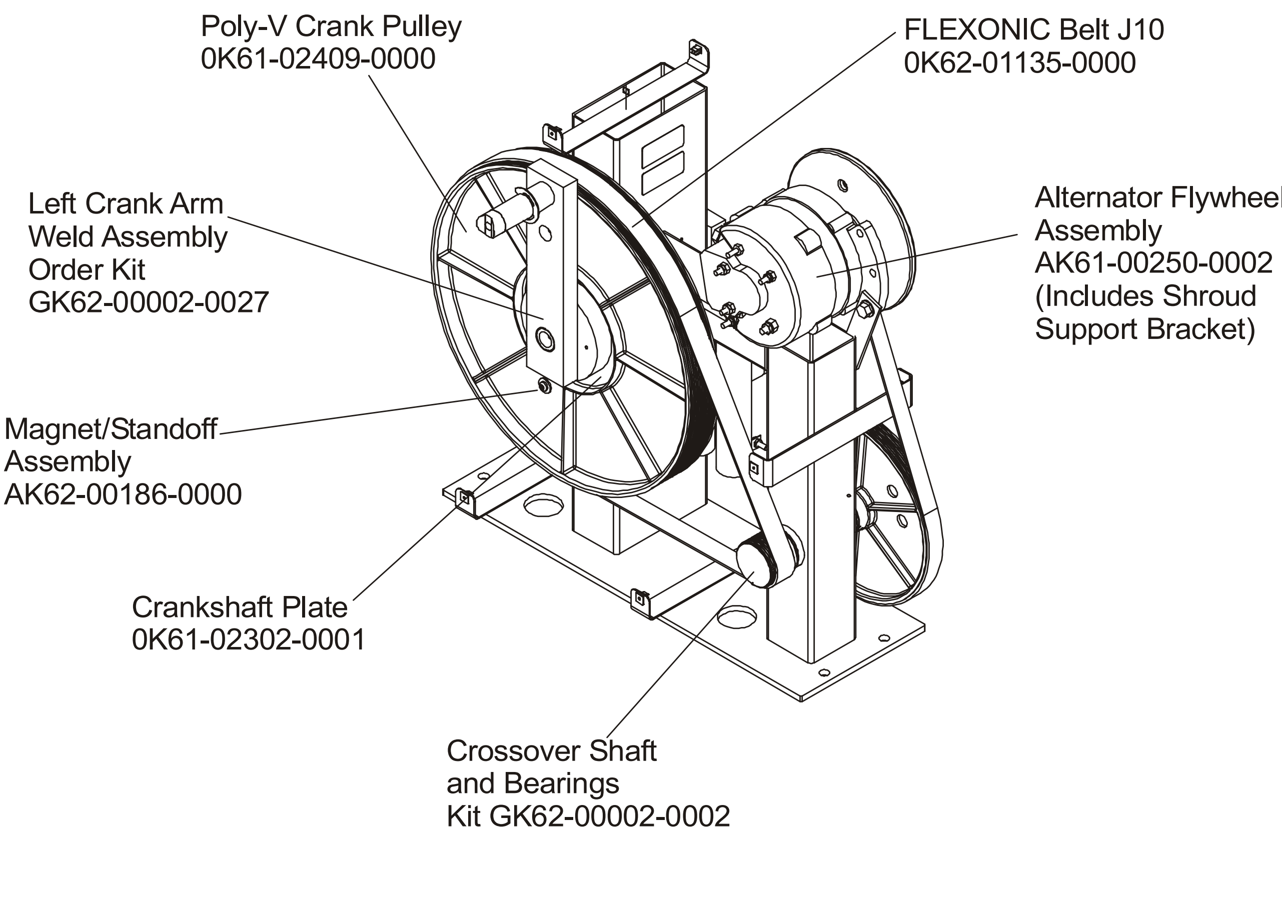
Roller w/bearing
AK62-00196-0001
Shaft Collar
0K62-01065-0000
Washer
0017-00104-0474
Brass Washer
0K47-01104-0000
Anti-Lift Roller
0-K62-01191-000

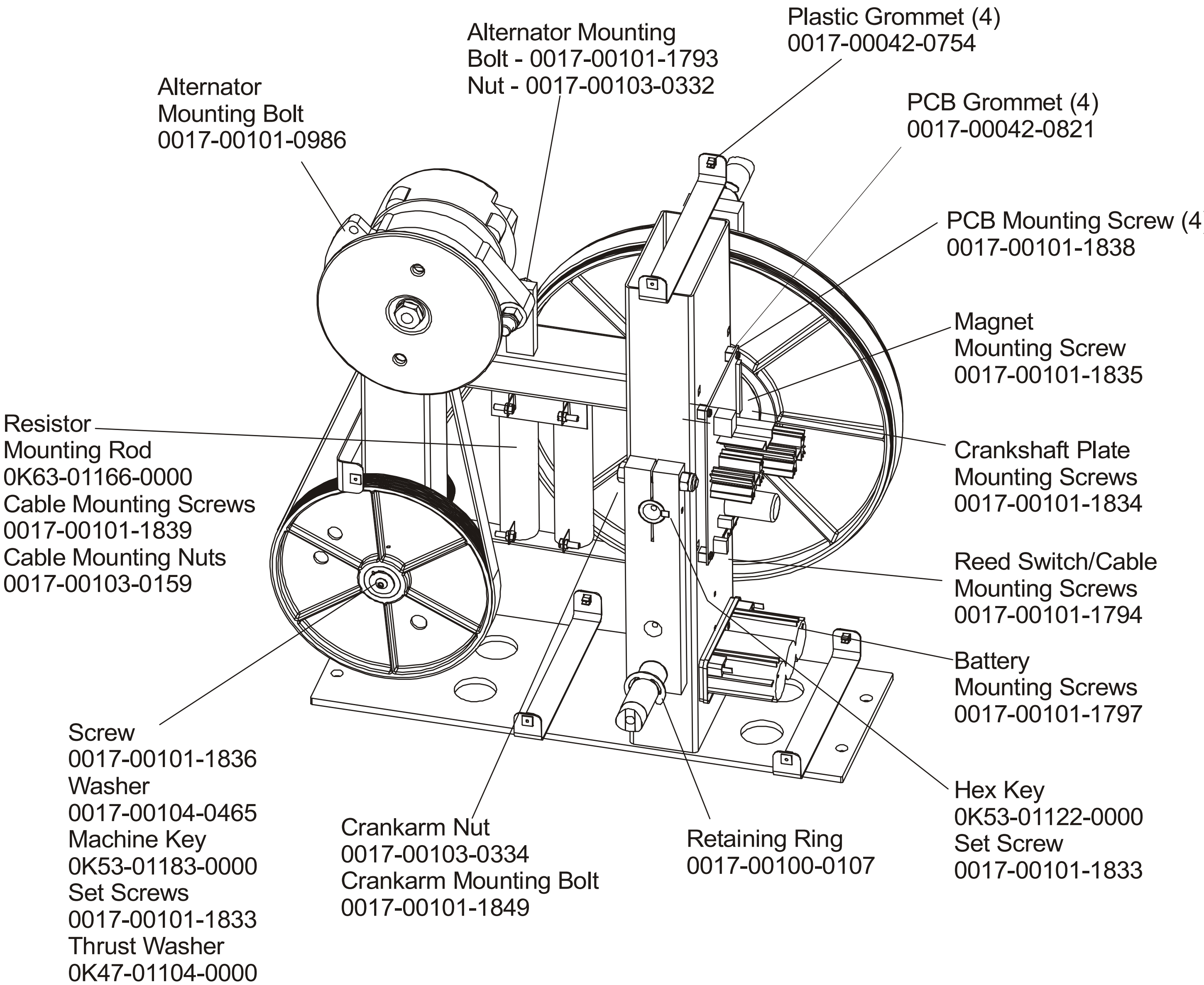
Roller Extrusion
AK62-00197-0000
Screws (2)
0017-00101-1789

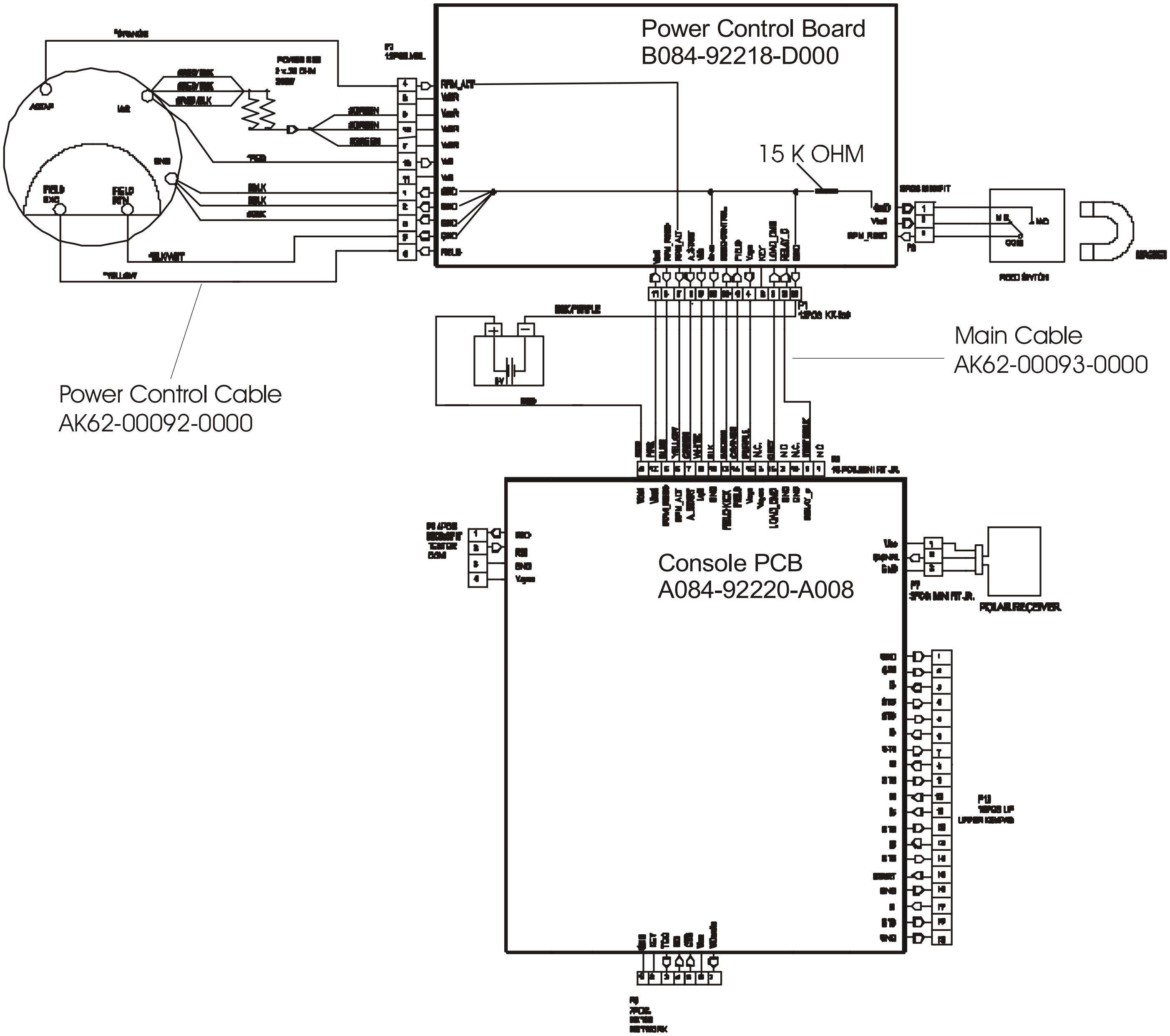
Anti-Lift Track
0K62-01208-0000
Screws (2)
0017-00101-1836

Note: If replacing the Tie Rod Assembly or Crank Extension for the first time, order kit GK62-00002-0015. Both sides must be replaced simultaneously in this situation.


FLEXONIC Belt J8
0K62-01134-0000
Metric Poly-V Pulley
0K35-01186-0007
Resistor w/Harness
Assembly
AK62-00171-0000
Right Crankarm
AK62-00204-0000
Battery
0017-00003-0685
Power Control Board
B084-92218-D000
Reed Switch
118E-00001-0140


Poly-V Crank Pulley
0K61-02409-0000
FLEXONIC Belt J10
0K62-01135-0000
Left Crank Arm
Weld Assembly
Order Kit
GK62-00002-0027
Alternator Flywheel
Assembly
AK61-00250-0002
(Includes Shroud
Support Bracket)
Magnet/Standoff
Assembly
AK62-00186-0000
Crankshaft Plate
0K61-02302-0001
Crossover Shaft
and Bearings
Kit GK62-00002-0002


Alternator Mounting Bolt - 0017-00101-1793 Nut - 0017-00103-0332
Plastic Grommet (4) 0017-00042-0754
Alternator Mounting Bolt 0017-00101-0986
PCB Grommet (4) 0017-00042-0821
PCB Mounting Screw (4) 0017-00101-1838
Magnet Mounting Screw 0017-00101-1835
Resistor Mounting Rod 0K63-01166-0000 Cable Mounting Screws 0017-00101-1839 Cable Mounting Nuts 0017-00103-0159
Crankshaft Plate Mounting Screws 0017-00101-1834
Reed Switch/Cable Mounting Screws 0017-00101-1794
Battery Mounting Screws 0017-00101-1797
Screw 0017-00101-1836 Washer 0017-00104-0465 Machine Key 0K53-01183-0000 Set Screws 0017-00101-1833 Thrust Washer 0K47-01104-0000
Crankarm Nut 0017-00103-0334 Crankarm Mounting Bolt 0017-00101-1849
Retaining Ring 0017-00100-0107
Hex Key 0K53-01122-0000 Set Screw 0017-00101-1833


Power Control Board
B084-92218-D000
15 K OHM
Main Cable
AK62-00093-0000
Power Control Cable
AK62-00092-0000
Console PCB
A084-92220-A008